

Chili-Lime Chicken Tostadas

Original Recipe By Bill Idell

Yield: 6 Servings

Ingredients:

Skinless chicken breast (cut into thin strips)	1 ½ -2 lb
Garlic (finely chopped)	1-2 tsp
Fresh Lime Juice	2 tbsp
Cumin	2 tsp
Chili Powder	1 tsp
Salt	1 tsp
Black Pepper	½ tsp
Vegetable Oil	4 tbsp
Corn Tortillas (small, 6 inch)	6 each
Romaine Lettuce Leaves (washed and dried)	4 each
Low-fat Refried Beans	2 (15 ounce) cans
Sour Cream (low fat)	½ cup
Fresh Tomato Salsa	2 cups

Method of Preparation:

- 1.) Preheat oven to 350°F degrees.**
- 2.) Mix the garlic, cumin, chili powder, 2 tablespoons of oil, salt and pepper with the limejuice, mix well. Add the chicken and again mix well.**
- 3.) Place the tortillas on a sheet pan, heat in oven for 8-10 minutes until crisp, be careful not to burn.**
- 4.) Stack the lettuce leaves directly on top of each other on a cutting board. With a sharp knife shred the leaves into thin slices.**
- 5.) Heat a non-stick sauté pan until hot. Add the oil and then quickly add the chicken. Immediately stir the chicken with a wooden spoon. Cook the chicken 5-7 minutes on medium-high heat until it is cooked all the way through or until a minimum internal temperature of 165 °F is reached.**
- 6.) Place the beans in a saucepan and heat over low heat until warm, stir frequently. Alternatively, the beans can be placed in a microwave-proof bowl, wrapped with plastic wrap and heated for 1-2 minutes.**
- 7.) Assemble the tostadas by first spreading about 4 tablespoons of the beans on each tortilla. Add the lettuce, chicken, a spoon of sour cream and a generous amount of salsa.**
- 8.) Enjoy!!!**